What is claimed is:

1. A hanger assembly for securing a building component to one or more structural members of a building, the assembly comprising:

an elongated structure including a first end and a second end;

a flange disposed on the first end and defining an opening therein having an outer perimeter defined by the flange, the flange configured for being coupled to a structural member of a building;

a threaded fastening member pre-disposed within the opening, the threaded member configured to couple the flange to the structural member of a building.

2. The hanger assembly of claim 1, further including:

a second flange disposed on the second end and defining a second opening therein having an outer perimeter defined by the second flange, the second flange configured for being coupled to a second structural member of a building; and

a second threaded fastening member pre-disposed within the second opening, the second threaded member configured to couple the second flange to the second structural member of a building.

3. The hanger assembly of claim 1, wherein the threaded fastening member is pre-disposed within the opening by threading engagement with the outer perimeter of the opening defined by the flange.

4. The hanger assembly of claim 1, wherein the flange defines a first side and a second side, and the threaded fastener member pre-disposed in the opening includes a first portion disposed on the first side of the flange, and a second portion disposed on the second side of the flange, the first portion including a head member having an outer perimeter that is greater than the outer perimeter of the opening, and the assembly further including a stop member coupled to the second portion of the threaded fastener member, the stop member having an outer periphery sized to prevent removal of the threaded member from the opening.

5. The hanger assembly of claim 1, wherein the threaded fastener member pre-disposed in the opening includes a portion disposed within the opening, and the assembly further including a securing material disposed between and coupled to the portion of the threaded fastener member and the outer perimeter of the opening.

6. The hanger assembly of claim 1, wherein the assembly further includes structure adapted to engage the building component.

7. The hanger assembly of claim 6, wherein the structure adapted to engage the building component includes a pilot hole defined in the elongated structure, and a second threaded fastening member configured to extend through the pilot hole and into coupling communication with the building component.

8. The hanger assembly of claim 1, wherein the building component is an HVAC duct, and the structural members of a building comprise one or more floor joists.

9. The hanger assembly of claim 1, wherein the elongated structure has a length, and further includes structure for adjustment of the length of the elongated structure.

10. The hanger assembly of claim 9, wherein elongated structure extends along a longitudinal axis, and the elongated structure includes a first elongated member and the second elongated member, the first and second elongated members configured for selective sliding engagement along the longitudinal axis such that the effective length of the assembly can be selectively adjusted.

11. An expandable duct hanger assembly for securing ducts between structural members of a building, the assembly comprising:

a first elongated member including a first elongated body portion having a first end and a second end, and a first flange disposed on the second end of the first elongated

body portion, the first flange configured for being coupled to a first structural member of a building and defining a first opening therein having an outer perimeter defined by the first flange;

a second elongated member including a second elongated body portion having a first end and a second end, and a second flange disposed on the second end of the second elongated body portion, the second flange configured for being coupled to a second structural member of a building and defining a second opening therein having an outer perimeter defined by the second flange;

wherein first and second body portions are in selective sliding engagement with one another along a longitudinal axis such that the effective length of the assembly can be selectively adjusted;

a first threaded fastening member pre-disposed within the first opening, the first threaded member configured to couple the first flange to the first structural member of a building; and

a second threaded fastening member pre-disposed within the second opening, the second threaded member configured to couple the second flange to the second structural member of a building.

12. A method for securing a building component to one or more structural members of a building, the method comprising:

(a) providing a hanger assembly including:

an elongated structure including a first end and a second end;

a flange disposed on the first end and defining an opening therein having an outer perimeter defined by the flange, the flange configured for being coupled to a structural member of a building; and

a threaded fastening member pre-disposed within the opening, the threaded member configured to couple the flange to the structural member of a building;

(b) positioning the hanger assembly such that a portion of it engages the building component, and such that the flange is disposed adjacent the structural member of the building; and

(c) manipulating the predisposed threaded fastening member such that it couples the flange to the structural member.

13. The method of claim 12, wherein threaded fastening member of the hanger assembly is predisposed within the opening by threading engagement with the outer perimeter of the opening defined by the flange.

14. The method of claim 12, wherein the flange of the hanger assembly defines a first side and a second side, and the threaded fastener member pre-disposed in the opening includes a first portion disposed on the first side of the flange, and a second portion disposed on the second side of the flange, the first portion including a head member having an outer perimeter that is bigger than the outer perimeter of the opening, and the assembly further including a stop member coupled to the second portion of the threaded fastener member, the stop member having an outer perimeter sized to prevent removal of the threaded member from the opening.

15. The method of claim 12, wherein the threaded fastener member of the hanger assembly includes a portion disposed within the opening, and the assembly further including a securing material disposed between and coupled to the portion of the threaded fastener member and the outer perimeter of the opening.

16. The method of claim 12, wherein the hanger assembly further includes a pilot hole defined in the elongated structure, and a second threaded fastening member configured to extend through the pilot hole and into coupling communication with the building component.

17. The method of claim 12, wherein the elongated structure of the hanger assembly has a length, and further includes structure for adjustment of the length of the elongated structure.

18. A method for securing a building component between one or more structural members of a building, the method comprising:

a) providing a hanger assembly including:

an elongated structure including a first end and a second end;

a first flange disposed on the first end and defining a first opening therein having an outer perimeter defined by the first flange, the first flange configured for being coupled to a first structural member of a building;

a second flange disposed on the second end and defining a second opening therein having an outer perimeter defined by the second flange, the second flange configured for being coupled to a second structural member of a building;

a first threaded fastening member pre-disposed within the first opening, the first threaded member configured to couple the first flange to the first structural member of a building; and

a second threaded fastening member pre-disposed within the second opening, the second threaded member configured to couple the second flange to the second structural member of a building;

(b) positioning the hanger assembly such that a portion of it engages the building component, and such that the hanger assembly is between the first structural member and the second structural member;

(c) manipulating the first threaded fastening member such that it couples the first flange to the first structural member; and

(d) manipulating the second threaded fastening member such that it couples the second flange to the second structural member.

19. A method of making a hanger assembly adapted for use by an end user for securing a building component to a structural member of a building, the method comprising:

providing a metal material;

working the metal material to create an elongated structure including a first end and a second end, a flange disposed on the first end and defining an opening therein

having an outer perimeter defined by the flange, the flange configured for being coupled to a structural member of a building;

pre-disposing a threaded fastening member within the opening, the threaded member configured to couple the flange to the structural member of a building; and

thereafter, distributing the hanger assembly to the end user.

20. A method of making a hanger assembly adapted for use by an end user for securing a building component between a first and a second structural member of a building, the method comprising:

(a) providing metal material;

(b) working the metal material to create an elongated structure including:

a first end and a second end;

a first flange disposed on the first end and defining a first opening therein having an outer perimeter defined by the first flange, the first flange configured for being coupled to the first structural member of a building;

a second flange disposed on the second end and defining a second opening therein having an outer perimeter defined by the second flange, the second flange configured for being coupled to the second structural member of a building;

(c) pre-disposing a first threaded fastening member within the first opening, the first threaded member configured to couple the first flange to the first structural member of a building;

(d) pre-disposing a second threaded fastening member within the second opening, the second threaded member configured to couple the second flange to the second structural member of a building; and

(e) thereafter, distributing the hanger assembly to the end user.